



October 6, 2022

**"Grow To Be The Best You Can Be"**

## *Principal's Message – Mrs. Karla Silbernagel*

What busy weeks we have had at Mankota School! Last week, the school celebrated and promoted the Terry Fox Run. We served our guests pizza buns, juice, chips, and a treat and walked in Terry's memory. I'm so proud to say that we exceeded our goal of \$2000 and raised a total of \$2344.51 for the Terry Fox Foundation. What a huge accomplishment for the size of our school! Thank you to everyone who supported this very worthwhile fundraiser, be it through donations or attending our lunch and walk. Thank you to all the staff who helped prepare food and all who helped clean up.

Our school also acknowledged Orange Shirt Day on September 30. Students wore their orange shirts and learned about the legacy of Residential Schools. Students wrote messages on paper orange shirts and reflected upon the harms done in the past. Our school is committed to learning about the past and working toward reconciliation with our Indigenous partners.

Volleyball has been going full force. Our senior girls attended a tournament in Avonlea on the weekend and they played very competitively with all the teams. League games have also been going weekly and this week we hosted the bantam girls from Kincaid. Next week we have the senior boys at home on Tuesday and the bantam girls on Wednesday, so please come out and cheer them on. Thank you to all the coaches who freely give of their time to coach our teams.

Last month, our students practiced the mental health strategy of solitude. We spent a few minutes each day practicing breathing techniques, being mindful, and being aware of our bodies and thoughts. This month our mental health strategy is to practice gratitude. Each student was given a gratitude journal and we will spend a few minutes writing things that we are grateful for each day. The grade 1-2 class is making a gratitude tree in our hallway which will be a visual reminder to be grateful for something each day. Practicing gratitude has many benefits such as improved moods, improving social bonds and physical health, and becoming a more optimistic person.

October 16-22, schools all over the province will be celebrating Education Week. Our school will be extending an invitation to parents to join us for fun and learning activities, and food, of course. Please be on the lookout for an invitation to attend.

On Thursday, October 13<sup>th</sup>, the grade 9-12 students will be attending Career Fair in Assiniboia. The students will visit over 70 businesses, post-secondary institutions, and career-related organizations. They will have the opportunity to listen to a variety of speakers and ask questions about their future career possibilities. We will be going by bus to this event, leaving by 9:00 and home for buses.

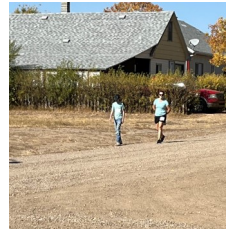
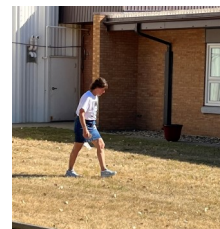
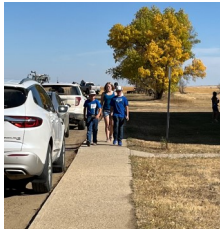
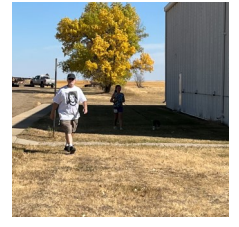
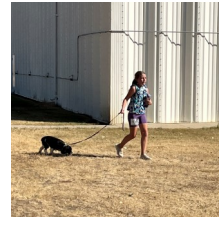
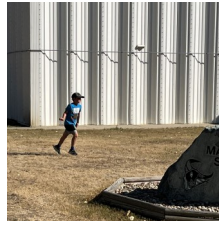
On behalf of the students and staff of Mankota, I want to wish everyone a wonderful Thanksgiving weekend and hope that you all get time to rest and catch up with family and friends. Happy Thanksgiving!

Please make sure to keep  
contact information up to date.

Let the school know if there are any  
changes at any time!



# Terry Fox Run



# Orange Shirt Day





Link to Mankota School webpage is:  
<https://schools.prairiesouth.ca/mankota/>

If you are viewing online:  
 Hover mouse over maverick symbol  
 and left click

COUNTRY CORRAL  
Closing Out Sale  
**FRIDAY OCTOBER 7th**  
 9 a.m. - 5 p.m.  
 3rd St. W Mankota, SK.  
**EVERYTHING MUST GO!!**  
**MAJOR DISCOUNTED**  
**ITEMS**  
**MERCHANDISE &**  
**FIXTURES**  
 ★ ALL SALES FINAL · NO RETURNS  
 NO EXCHANGES · CASH ONLY ★

Dates To Note:	
Oct. 7	No School
Oct. 10	No School - Happy Thanksgiving
Oct. 11	Magnet PAA
Oct. 11	Sr. Boys volleyball - home game
Oct. 12	Bantam Girls volleyball - home game
Oct. 14	School Day
Oct. 19	Magnet PAA
Oct. 19	Bantam Girls volleyball - home game

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>October</b>		6 K day	7 No School	8
9	10 No School 	11 Magnet PAA Sr. Boys volleyball home game	12 K day  Bantam Girls volleyball home game	13 Grade 9-12 Career Fair Assiniboia	14 K day School Day	15
16	17	18 K day	19 Magnet PAA Bantam Girls volleyball home game	20 K day	21 Teacher Prep Day No Classes	22 Bantam Girls Volleyball Sections
23	24	25 K day Sr. Boys volleyball home game	26	27 K day	28 No School	29

## 2022 Senior Boys Volleyball Schedule

DATE	VISITOR	@HOME
Tues. Oct. 11	Lafleche	@Mankota
Tues. Oct. 18	Mankota	@Mossbank
Tues. Oct. 25	Gravelbourg	@Mankota
Tues. Nov. 2	Kincaid	@Mankota
Sat. Nov. 12	Conference Championships	
Sat. Nov. 19	Regional Championships	
Nov. 25-26	Provincial Championships	



## 2022 Bantam Girls Volleyball Schedule

DATE	VISITOR	@HOME
Wed. Oct. 12	Lafleche	@Mankota
Wed. Oct. 19	Glentworth	@Mankota
Sat. Oct. 22	South West Playoffs	@Glentworth

## 2022 Senior Girls Volleyball Schedule

DATE	VISITOR	@HOME
Tues. Oct. 11	Rockglen	@Glentworth
Tues. Oct. 25	Glentworth	@Rockglen
Tues. Nov. 2	Glentworth	@Kincaid
Sat. Nov. 5	Conference Championships	
Sat. Nov. 12	Regional Championships	
Sat. Nov. 18-19	Provincial Championships	

**FIGHT the FLU!**

**PROTECT YOURSELF** and your **LOVED ONES** this flu season

**Ponteix, Parish Hall**  
Monday Oct 24, 2022  
1pm-7pm

**Mankota, Town Hall**  
Wednesday Oct 26, 2022  
11am-3pm

Covid immunizations will be available as well for people who want it.

Walk In only. No booking needed.  
For more information visit [www.4flu.ca](http://www.4flu.ca)

[saskhealthauthority.ca](http://saskhealthauthority.ca)

# MANKOTA PRIMARY HEALTH CARE CLINIC

**Hours of Operation:** Tuesday & Wednesday 8:30 am to 5:00 pm  
**Lab/X-ray Hours:** Tuesday & Wednesday 9:00 am to 3:00 pm

## October 2022

This calendar is subject to change without notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Physician Nurse Practitioner	5 Nurse Practitioner	6	7	8
9	10 STAT	11 Physician Nurse Practitioner	12 Nurse Practitioner	13	14	15
16	17	18 Physician Nurse Practitioner	19 Nurse Practitioner	20	21	22
23	24	25 Physician Nurse Practitioner	26 Nurse Practitioner	27	28	29
30	31					

If you have a medical emergency and require an ambulance call:  
**9-1-1**

The nearest hospital emergency department is located at:  
**Herbert & District Integrated Health Facility**  
**Cypress Regional Hospital (Swift Current)**  
For complete details please visit the former Cypress Health Region website at [www.cypresshealth.ca](http://www.cypresshealth.ca)

